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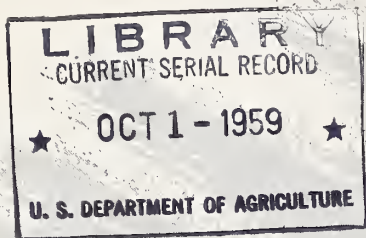
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FAMILY LIVING



# EXTENSION SERVICE *Review*

SEPTEMBER 1959



UNITED STATES DEPARTMENT OF AGRICULTURE

• Federal Extension Service





Official monthly publication of  
Cooperative Extension Service:  
U. S. Department of Agriculture  
and State Land-Grant Colleges  
and Universities cooperating.

*The Extension Service Review is for Extension educators—in County, State and Federal Extension agencies—who work directly or indirectly to help people learn how to use the newest findings in agriculture and home economics research to bring about a more abundant life for themselves and their community.*

*The Review offers the Extension worker, in his role of educational leader, professional guideposts, new routes, and tools for speedier, more successful endeavor. Through this exchange of methods, tried and found successful by Extension agents, the Review serves as a source of ideas and useful information on how to reach people and thus help them utilize more fully their own resources, to farm more efficiently, and to make the home and community a better place to live.*

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## EAR TO THE GROUND

Did you ever sit in front of a fireplace and daydream? If you let your thoughts drift, you can see your dreams reflected by the fire's glow. Perhaps you dream of something material, like a new car, or a trip to far-away lands. Or maybe, like the family on this month's cover, you see reflections of your goals in life—a happy home, a good community, and a strong, free nation.

Our cover illustrates the goal of the Family Living program—"development of family units that give their members a high degree of stability and emotional security, and of citizens who are conscious of their obligation to community and nation."

While planning this issue, one thought kept coming to mind—this Family Living program represents a compass or direction finder for home economics extension workers. This isn't like a ship's compass, however, in which you head in a single direction. This compass has 11 points, illustrated in various articles in this issue and summarized on the back cover. And the successful skippers of this program will have to aim at all points needed in their counties. These will direct county home economists toward the goal of all extension workers—better family living.

Everything we do in Extension contributes to this goal. When we help boost production efficiency, we help the farm family to increase net income—to gain more money to buy the things that contribute to a higher living standard.

We have the same objective in teaching farm and home management. By managing their resources wisely, families can attain goals that will lead to fuller, more satisfying living.

The same thing is true in every program area—marketing, leadership development, youth development, natural resource conservation, community improvement, and public affairs. Each contributes to better family living.

*Next month:* Community Improvement and Resource Development will be the theme of the October issue. It will open with an article discussing objectives in this area and relating it to other areas of the Scope Report. Another article will tell about community structure—how community boundaries are defined. Others will give examples of community groups identifying and solving problems affecting their welfare.—EHR

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## EDUCATION for BETTER LIVING

by ELIZABETH GRADDY, Home Economics Leader, New Jersey

WITH Extension's focus on increasing the well-being of people, every educational adventure which we offer can contribute to the accomplishment of our goal of Education for Better Living.

Even in this Satellite Age, the family holds its place as the basic unit of society. The family provides the environment in which its members either find or fail to find opportunities to make the most possible growth and development.

Extension's Family Living program is built on a foundation designed to bring to families certain facts, knowledge, experience, and understanding. We can help families create a home environment that will nourish each family member's well-being and show how each can share the tasks of maintaining a satisfying home.

### *Weighing Goals*

All individuals and families have goals they would like to reach. Each family sets its own goals, determined by certain values. We know that there are basic principles that help to create a satisfying home as well as a congenial relationship among family members and within the community.

It's part of our job to help families find their way through the bewildering array of choices which face them. We can show them how to take stock of their resources of time, money, en-

ergies, and abilities. And we can teach them where to look for information that meets their needs and contributes to individual and family satisfaction.

### *Effect of Trends*

Today's world is rapidly altering family living patterns because of the many social and economic forces at work.

We who are close to agriculture know that most families have gone through a really fundamental change. Most are now consumers rather than producers. They live in a money economy. The family's greater dependence on others for goods and services has drawn many homemakers out of the home and back to a job.

In this age of abundance, the money worries of families are still vital. Families have to make one shift after another to fit into new patterns caused by outside forces of inflation and variable employment. Extension workers are in a unique position to help families make intelligent decisions for the best use of human and material resources.

The rapid advances of technology have brought many changes in the tasks of maintaining the home. Mechanical aids have reduced drudgery. Supplies and equipment are not the same as we used even a few years ago.

Caring for children, planning, buy-

ing food and supplies, and operating mechanical devices are all part of maintaining a home and living together as a family. The division of labor among family members today often breaks sharply from the traditional pattern of "woman's work" or "man's work."

Extension programs for both youth and adults provide opportunities for family members to attain a high level of competence in homemaking skills.

### *Changing Family Problems*

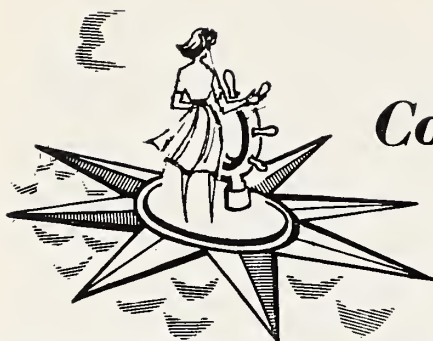
Another major opportunity lies in the growing awareness of the need to achieve satisfying social and personal relationships within the family.

Marriage frequently comes at an early age and there are more children in most families. Also, there is a lengthening marriage span. These developments provide us with still another opportunity—to make available to families knowledge resulting from the many studies being made in human development and human relations. At the same time we can provide interpretations that will permit family members to use this information in their daily lives.

Families look to us for help as familiar schedules of family living are disturbed. Split school sessions, night or shift work for one or more members of the family, and frequent

(See *Education*, page 199)





# Compass for the Future

by EUNICE HEYWOOD, *Federal Extension Service*

**T**HE aim of Extension educational programs in family living is to give families the knowledge, experience, and understanding that will enable them to adjust to an ever-changing world at ever-rising levels of living. The modern role of home economics extension workers is to help people identify and develop competencies that will be effective in improved personal, family, and community living regardless of the particular circumstances of the individual or family.

Present emphasis in the various areas of home demonstration work indicates that adjustments in both content and method are constantly being made to meet requests of people for assistance with the more complex problems of modern day living. The program is based upon the recognition of the family as the basic unit in our society and the one that is largely responsible for determining the physical, social, and cultural development of individuals.

## *Broadening Field*

Home economists who provide leadership in family living programs are concerned with such fundamental human needs as adequate and satisfying food, clothing, housing, and human relationships provided within the family circle. They are equally concerned with the affairs of the larger community that influence the character and quality of family living.

Home economics as a professional field is concerned with the application of the principles from many basic disciplines to the welfare of the family. Its purpose is to synthesize knowledge drawn from its own research, the physical, biological, and social sciences, and the arts, and to help people to apply this knowledge

toward the enrichment of individual, family, and community living.

Since the roots of home economics spring from many educational disciplines the non-home economist is occasionally confused over the apparent overlapping with other professional fields. This is not unique to home economics. In the field of agronomy, for instance, the professional worker draws from the basic disciplines of chemistry, physics, biology, ecology, geology, botany, genetics, plant physiology and pathology, bacteriology, and economics. Similar examples may be found in engineering, medicine, and many other fields. The role of the home economist, like these other professional workers, is to bring the contributions of various disciplines to bear upon a particular area of concern.

## *Expanding Interest*

Although the welfare of families is of general concern to all extension workers, the family living program is more specifically directed toward assisting families to cope with the many interrelated factors that affect families and family members in their efforts to improve the quality of living in the home and in the community.

Early family-centered extension programs were concerned primarily with aiding the homemaker to improve her skills in food preparation and conservation, clothing, and home management. With rising incomes, technological advances and changing community patterns, coupled with higher education resulting in changes in family values and goals, the family living program has taken on new dimensions in breadth and depth.

In the words of Dr. Alfred L. Baldwin of the New York College of Home

Economics at Cornell: "... homemaking has become more and more intellectually demanding. Modern technology has made light biscuits and clean corners easier to achieve but has faced the homemaker with much larger problems of economics planning and coordination of human relations. The effective operation of a home in modern society demands at least as much time, money, intelligence, and achievement drive as the operation of a small business; in fact it involves many of the same activities."

## *New Directions*

A look at some of the more recent extension programs indicates the expanding interests of families as they attempt to cope with a rapidly changing world.

**Family Economics** — Programs on management of family resources, use of credit, and family business procedures are aiding families to clarify their needs and values in relation to their resources.

**Home Management** — Emphasis is given to the importance of decisions regarding the management of income, time, energy, and ability and the relation of those decisions to the satisfaction of family goals.

**Buying** — Programs aid families, faced with a variety of goods and services, select those which will yield the most value for money spent.

**Human Relations** — Programs help develop understanding of the growth and development of personality from childhood through life, and the importance of healthy interpersonal relationships within the home and the community.

**Foods and Nutrition** — The focus (See *New Directions*, page 196)

# ARE YOU READY?

*Editor's Note: We asked the president, president-elect, and regional councilors of the National Home Demonstration Agents Association to give us their views on the future role and responsibilities of the county home economist. This article is a composite of comments from President Velma B. Johnson; President-Elect Irby Barrett; Mary W. Donnini, Eastern; Alfretta E. Dickinson, Central; Dawn N. Duncan, Southern; and Edna H. Weigen, Western Region.*

**C**HANGE — change — change! Many people can't keep up with the changes taking place today. And in no area is change more important than the area of family living.

Any estimate of the future underscores the responsibility of the family to develop basic personal characteristics essential to successful living. Extension home economists are alert to changes affecting the home and family living and are gearing their programs toward families rather than women.

## *New Duties*

The forces that have brought change have at the same time brought similarities in family desires and living standards. Mobility of population has erased communal lines and rural areas have become suburbia. A need has arisen for acceptance and understanding between the rural and urban population in these areas. These and other changes have placed the county home economist in a new role and have opened new areas of responsibility and opportunity.

How can the county home economist equip herself for this new role? She can explore new avenues—aven-

ues that will direct her to broader problems, new audiences, different methods, and additional resources.

Homemakers' groups will continue to serve as a nucleus for an expanding family living program. These groups provide a media for training leaders, developing community goals, and motivating other activities. The county home economist must develop a program in which well-defined group action is balanced with efforts through mass media. Both have a place in reaching the audiences she must serve.

Methods must be sought to serve such special audiences as the beginning homemaker, the working wife and mother, the young parent, and the elderly or retired person. Workshops, clinics, seminars, discussion and demonstration groups are among the avenues the home economist can explore to find the best way to meet special needs of these audiences.

The expanding family living area demands adjustments in methodology. The county home economist will help to establish standards for selection of leaders to assist with the broadening program. And these leaders may require new kinds of training and materials for the job.

Recognition and coordination of resources outside Extension will provide the county home economist with invaluable aids in meeting her growing responsibilities and working on broader community problems.

One agent found new needs for her services when the public health nurse requested assistance on low-cost diets and the welfare department asked her to serve on a committee studying problems of the aging. We should explore the needs and activities of agencies such as these, to provide an integrated program and be of greatest service to families.

Acquiring new methods and techniques to deal with broader problems will, of course, mean continuous self-improvement. This may involve graduate study, in-service training, regional summer schools, visits to neighboring counties or States, specific help from State specialists, surveys related to family living, TV, radio, books, and professional periodicals.

The county worker following a carefully planned self-improvement

program can apply this knowledge in her work with families. Visits to nearby counties and States, for example, are good opportunities to see workable methods.

Agents will need great depth and breadth of knowledge to develop programs designed for today's living. They will constantly reexamine the quality of program content, methods of program determination, implementation, and evaluation. Then they will establish priorities for program emphasis.

Changing conditions make the home economist's job more complicated and demanding every day. Four years of training in home economics are not enough. It takes continuing, up-to-date preparation and study to keep pace with these demands. Only then can the county home economist render the kind of service worthy of her profession and the families she serves.

## *Association Aims*

The program of the National Home Demonstration Agents Association is planned to encourage and assist agents to continue their professional training. A major objective is to strengthen and improve the professional standards of its members.

The association strives to do this in many ways. It sponsors fellowships for travel or study and gives recognition to agents who have demonstrated professional competencies. It encourages all agents to take advantage of every opportunity for professional improvement.

Annual association meetings give agents information, inspiration, and aspiration—information on new programs and methods, inspiration from meeting fellow workers from other States, and aspiration to fully realize the potential of their chosen profession.

Perhaps the greatest avenue open to the county home economist in preparing for the future is the challenge to find information and security in learning and applying new techniques of working with people. If tried with boldness and imagination, new opportunities can result for both worker and those with whom she works. And each will know the satisfaction of growth and accomplishment.



# KNOWING WHERE THE MONEY GOES



by MRS. EMILY H. QUINN,  
Pima County Home Agent, Arizona

**H**ow much does credit really cost? How can money be safely invested? These questions led to development of three areas of "Family Spending" in the homemaker program of Pima County.

They resulted in 41 meetings for homemakers, a Farm Bureau program, and a panel discussion open to the public. Total attendance was 619 enthusiastic adults wanting to know more about family spending.

During the homemakers' program planning, it was requested that phases of family spending be developed. Homemakers wanted to know about use of credit, planning for financial security, and planning for retirement.

## Lesson Purposes

Two project lessons were developed—Family Credit and Planning Family Security. The purposes were:

1. To show that financial security is the result of long-range planning and family preparation.

2. To encourage good management of personal finances.
3. To point out that attitudes toward money are acquired through experience in the home and the need to train family members in money management.
4. To promote interest in developing balanced, profitable savings.
5. To attain peace of mind through management of finances.

The credit lesson included an explanation of the basic economic system, the homemaker's role in buy-manship, and a review of the management process. Discussion centered around wise limits to credit, how long should be taken to pay off loans and accounts, opening a credit account, when credit should be used, and computing interest on an account.

The women added to the lesson's value by contributing their experiences with credit. Many expressed appreciation for the lesson, making such comments as, "This is what we have been waiting for," and "We should have brought our husbands."

One homemaker asked the home agent to present this lesson at a Farm Bureau meeting. The group was very responsive to the computation of the cost of credit. Two men expressed disagreement in the beginning, but after following the formula through, acknowledged the hidden cost of credit.

The lesson on family security included: benefits of a long range plan, good management in planning realistically, steps to financial security, principles of saving and comparison of types of savings, and planning for retirement income.

It was interesting to note areas of interest among age groups. For example, younger members wanted information on savings and family pro-

tection, older members on social security and retirement.

In preparing the lesson, it was realized that the agents would be unable to answer all individual questions on security. So we proposed that a panel of professional people answer technical questions, and that the public be invited to attend.

## Outside Resources

Plans for the meeting were developed with the assistance of Miss Grace Ryan, home management specialist. Assistant Extension Director Howard R. Baker advised on emphasis and outline of the program and served as moderator. Panel members represented these areas: wills, stocks and bonds, titles and contracts, family insurance, social security, and trusts.

The panel outline allowed a 2-minute introductory presentation by each member. Then the moderator conducted a question period for the audience. Answers given by the panel members to technical questions would have cost several hundred dollars in professional counseling service.

Individual accomplishment reports from the homemakers showed 311 instances of the usefulness of the credit lesson. These were: how to compute interest charges, determining the cost of credit and financing, wise use of credit, savings in purchasing by cash, and establishing and keeping good credit.

Members reported using the method of computing interest charges in 46 instances. The prospective purchases included automobiles, furniture and equipment, radio equipment, movie projector, motorcycle, books, piano, clothing, and carpeting. They reported the lessons had saved them \$1,400.

Other benefits were obtained in these areas: possibilities in a savings program, comparison of investments, realizing the need for saving for later years, making plans for retirement, the family's awareness of their financial situation, better family planning, better understanding of family security, and peace of mind.

Future evaluation will attempt to measure further use of the information, as well as the sharing of information with others in the community.

**Family Economics**—Help families develop ability to make wise decisions in the management of their financial resources, including the use of credit and other family business procedures, to achieve the highest level of living consistent with their needs, values, and goals.



# "Washing Out"

## Laundry Problems

by LUCILE KETCHUM, *Home Management Specialist, Michigan*

**Q**UESTIONS, questions, questions! Today's homemaker has many questions about doing the family wash.

It's more than just getting the washing done. For example, investment in equipment really hits the family pocketbook.

Beyond the original investment, the homemaker wonders about adequate home wiring to handle the new appliances. She wonders about water—hot water, total supply, and hardness.

**Home Management**—Help families develop an understanding of the increasing complexity of family living and how to apply the principles of management and work simplification to the use of family resources.

She has questions about handling new fabrics and about choosing detergents and "laundry cosmetics." She may have questions about planning a home laundry center.

In Michigan, homemakers have been taking these questions to home laundry clinics where they can "wash them out." These clinics originated in 1956 when Michigan State University and the Michigan Committee on Rural Electrification started a co-operative educational project.

Specialists in home management and agricultural engineering represented the University. We invited all manufacturers whose equipment is sold in Michigan to a planning meeting. Many responded and all offered support for the project.

Laundry clinics are open to all interested persons, but training is planned primarily for county extension staffs and group leaders. County staffs decide how much publicity to

give the clinics on the basis of meeting space available.

Eight clinics were held in 1956-57 and ten in 1957-58. Meeting places were selected so that extension staffs and local leaders from all Michigan counties could attend.

### *Clinic Program*

A typical morning program included discussion and demonstration on buying automatic washers and dryers, by home management specialists. The wiring, lighting and waste water disposal angle was given by agricultural engineering specialists. Quality Water was discussed by a technical director from a water softening equipment company, an engineer from a utility company, and a home economist from a chemical company.

In the afternoon, detergents, bleaches, and packaged conditioners were explained by home economists from detergent and packaged conditioner manufacturers. Then home management specialists discussed use of the automatic washer and dryer. To wrap up the program, a panel answered questions from the audience.

Manufacturers' representatives exhibited laundry equipment before each meeting started, at noon, and after the formal session closed. They followed exhibit rules established by the American Home Laundry Manufacturers Association. These eliminate booth decoration and specify a standard size sign.

Exhibit attendants refrained from a sales approach, but answered questions and demonstrated appliances. Local power suppliers provided electric service for operation of motors, but not heating elements.

Many individuals shared the responsibilities for organizing and conducting the home laundry clinics. County staffs were responsible for



Some equipment used during home laundry clinics is shown by Agricultural Engineer Don Brown and Home Management Specialists Lucile Ketchum and Coral Morris.

local arrangements. State specialists were responsible for subject matter, either through preparation and presentation or recommending a qualified person to do the job.

Extension staff members carried through each series of meetings. Other program participants varied according to local professional people and company representatives available.

Utility companies underwrote printed educational material, which was prepared by home management specialists with consultation of home economists from two companies. The home service staff of a utility company prepared an exhibit of laundered clothing and household linens to demonstrate results of various laundry practices. Agricultural engineering specialists prepared mimeographed handouts on wiring and waste disposal.

Laundry clinics are a fresh approach to extension teaching in Michigan. Are results worth the time and effort? Those who planned the project think so.

Purchase of laundry appliances is a major investment for many families. It is important for them to have information to help them evaluate equipment before they buy. It is no less important to understand how adequate wiring, suitable water supply, and waste disposal are related to choice of appliances.

Many people who attended the meetings were not in the market for new equipment. They came to learn good techniques for doing the laun-

(See *Washing Out*, page 198)



# Taking a Look at Family Living

by MRS. MARY W. DONNINI, *Cumberland County Home Demonstration Agent, and MRS. SHIRLEY B. HOBBS, York and Cumberland Counties Assistant Home Demonstration Agent, Maine*

**M**AINE home demonstration agents looked forward to the addition of a family life specialist to the extension home economics staff. That happy day came in June 1957 and by fall of that year, Cumberland County homemakers and their husbands participated in the first family life workshop in the State.

How did we organize for this workshop? What were our purposes? Was it successful? Where are we now? What about future plans? In the two short years since the program began, rapid strides have been made.

*How did we organize?* Four active, interested young homemakers met with Family Life Specialist John Chantiny and the home demonstration agent to plan the first workshop. A topic questionnaire, sent to the extension membership in the greater Portland area, resulted in more ideas than could possibly be covered in our first meeting.

Dr. Chantiny served as discussion leader of the total group, while each committee member agreed to be a small group discussion leader. The questionnaire mailing list was used again to notify people of the workshop. Husbands were urged to participate.

## Program Objectives

1. To introduce interested extension members to the materials and methods used in a family life program.
2. To offer a meaningful and useful program to workshop participants.
3. To interest participants and others in further family study.
4. To use the workshop as a training school for the agent and volunteer leaders.

*Was it a success?* We say "yes" and comments from participants provided the incentive to schedule a second workshop. One member said,

"I feel that we have only begun—and should continue for greater values. The workshop has stimulated my thinking and made me look at myself as a parent."

Discussion topics at the first workshop were: Learning Responsibility, Quarreling in the Family, and Authority and Discipline in the Family. Role-playing and panel discussions were used successfully at the second workshop. Through these means, problems of group members were discussed in an impersonal way to the satisfaction of all.

*Where are we now?* This year, study groups have been conducted by the assistant home demonstration agent. Agents received special training by the family life specialist to conduct study groups. Groups were organized for mothers of pre-school age children and children in the 6-12 age group.

Reading assignments, check sheets, and questionnaires encouraged group participation. Films were shown to aid in discussion. And the women themselves learned to analyze problems of child training and decide on the course of action.

Many young mothers feel that they alone have all of the child rearing problems. In a study group they not

**Human Relations** - Help families develop understanding of the growth and development of personality from childhood through life, and the importance of healthy interpersonal relationships within the home and community.

only learn that other parents have the same or similar problems, they learn basic reasons for child behavior. They learn to search for reasons behind child behavior and to examine their own feelings as well as the child's about discipline and punishment.

Comments by some of the women were: "I've learned that mistakes in child rearing are not always final, that they can be undone to some degree."

"Getting together with other mothers and talking it out was wonderful."

"I feel that I have gained a great deal of valuable information from this discussion group. I know that my attitude toward my children, when problems arise, has changed."

## Future Plans

Study groups will continue to be a part of the 1960 programs. Lay leaders will be trained to offer a one-meeting program, aimed at older folks, entitled, Live and Learn.

A three-meeting package deal, A Child's Guide To A Parent's Mind will also be used where there is interest and a need. Basis of discussion for this program is provided by slides and a recorded narrative. This has been particularly successful when used with either small or large groups of mixed ages. It's also a good introduction to a more concentrated program on family life.

We are hopeful, during the coming year, of reaching more people with the program and will attempt to develop leadership so that more leaders will capably handle discussion.

People realize, after participating in a program of this type, that there are no pat answers to their many problems. Instead they are encouraged to think through possible or probable solutions.



Maine study group evaluates their family life program.



# Camping Knits the Family Together

by MRS. MARGUERITE BRIGGS LYNCH, *Child Development and Parent Education Specialist*, and  
E. H. REGNIER, *Extension Recreationist, Illinois*



Camp, with its relaxed atmosphere, creates many opportunities for families to share activities and interests.

To family life and recreation specialists in Illinois, family camps are just as important, natural, and rewarding as camps for 4-H, homemakers, rural youth, or anyone else.

Because of this philosophy, family camping started during the summer of 1952. Fourteen families (27 adults and 31 children) camped for four days at 4-H Memorial Camp, Monticello, Ill. Now four family camps are scheduled from mid-July through August in different areas of the State.

Campers, working with specialists, plan their own programs. On the last day of camp, campers choose five or more families for a continuation committee. These committeemen meet in early spring to decide objectives, theme, and resource people for the coming camp program.

Family camps are scheduled at the 4-H Club camp sites. We have been able to develop the high ideals advocated by 4-H'ers and proceed in a less formal and more relaxed fashion.

## *Camping Recipe*

Through the years we have learned that a family camp should be 5 to 7 days in length with approximately 100 people in attendance. Half of the families should be newcomers and the rest veteran campers. A spread in the age range of children tends to make for a better camp. It is important that each family has its own cabin or tent home for the week.

A flexible day-by-day schedule is planned with the campers assuming much responsibility for instruction and leadership. The program pro-

vides for individual, family group, and camp community experiences.

Each morning is spent in age group activities such as swimming, family life education, crafts, dramatics, and nature lore. Meal times, flag ceremonies and evensong are times for neighbor or community gatherings. Afternoons are free for the family to take part as a group in play, hobby, or other recreation experiences.

All campers have a voice in determining what is to be done in the next year's camp. Near the end of the camping period each family is asked to evaluate the camp and to make suggestions.

Responses to family camping have a wide range:

"Simplicity of living, informal clothing, no 'canned entertainment,' a planned nursery where little ones are happy; a parent discussion where we feel free to talk over problems and situations."

"Family camp offers time for needed fellowship. It gives the children a chance to play with mom and dad—when mother doesn't have to hurry to get lunch and wash dishes, or dad doesn't have to hurry back to work."

"So many good things pull our families in different directions. Family camp knits the family a little closer. Camping was one of my happiest childhood experiences, but there was no one at home who shared it with me and as we all know pleasure doubles when shared."

"If occasionally you think that your children are giving you a hard time, at camp you find that other people's children are not so different

from your own. You have the opportunity to trade experiences with other parents and specialists in family life, and you come home with a new feeling of confidence in the future."

As family life and recreation specialists, we have opportunity to see the program grow and develop in positive values. A few of the more significant we believe are:

- Parents have grown in understanding and affection for their children and spouse. Good family relationships of some of the families have "rubbed off" on others.

- A number of families have returned to their own communities to assume more responsibility in church, school, and club programs.

- We are aware of social development in children who attend camp. They become more friendly and responsive to both adults and children outside their own families.

- Children, following their parents' example, have asked for children's discussion groups to talk over the subject "how to understand ourselves and our parents."

- Goals and values have shifted for many of the families that have participated in family camp through the years—less emphasis on status and financial gains and more focus on the spiritual, aesthetic, recreational, and other nonmaterial values of our culture.

From the standpoint of extension specialists on the job, we see the family camping project as an opportunity to cooperate with other exten-

(See *Family Camps*, page 199)



# Teaching Know-How in Buying

by MRS. JUNE BROWN, Home  
Furnishings Specialist, Iowa

**A**N expanding home economics extension program with ways needed to reach families of all income levels and of many problems and interests—this goal leaves all of us wishing for more time, more energy, and more know-how.

Two years ago a project in home furnishings consumer education was planned with the help of our home economics editors in press, publications, radio, and TV. We realized that it was possible, with careful timing and scheduling, to further county program teaching by using these large media outlets. The home furnishings "Buymanship Television and Radio Series" in Cedar Rapids was one result of our planning.

County workers in the Cedar Rapids television area (approximately 25 counties) had indicated a growing interest in consumer education in home furnishings. This was the take-off point.

We planned 8 months ahead so county home economists could integrate the series with local programming, and encourage formal and informal listening groups. Some used this method in place of meetings.

## *Cementing Relations*

Was it possible, we asked, to develop a closer working relationship among State specialists, county extension home economists, local retail merchants, radio and TV outlets, and local newspapers to serve the families of that area of Iowa? It was worth a try.

TV and radio arrangements were made, posters developed so county home economists could contact local merchants, and news stories prepared to show how the local retailer serves the public with good consumer information in home furnishings. A

series of leaflets was given to local merchants and discussed over radio and TV. All during this series, the attention of homemakers and their families was directed to their local county extension office and the help it offered, including the leaflets.

**Buying-Help families faced with a complexity of goods and services, select those which will yield the most value for money spent.**

County home economists, with the bright-colored, professional posters which their women had helped make, found merchants not only pleased with the contact and the posters, but interested in the buymanship leaflets for their own staffs. There was a new awakening of partnership interest in serving the public.

Twice a week for 5 weeks and more, I traveled 100 miles to present the radio and TV series concurrently. It was worth this distance. By using props from local stores I established good relationships with these merchants. The TV and radio stations felt I had a personal interest in them.

Since then the TV station has purchased a video tape recording machine which will give extension specialists added opportunity to work with them. The combined radio-TV set-up reached a far larger total audience than a separate radio series or



Mrs. June Brown, home furnishings specialist, tells the TV audience how to fit slipcovers.

TV series has done. The volume of letters received is one indication of this.

The series had a stronger pulling power than any single home furnishing program. Persons enroute to California on vacation trips said they made a point to tune in as long as they could get the station. As the series continued, correspondence increased. Many wrote they had missed the first part but would follow the series from now on. A single program would have missed many of these homemakers.

Plans are already settled for a similar "live" series on the Sioux City station this coming year. We hope it will move around the State as others have. Previously a series on this subject was presented on our own university station, WOI-TV.

Yes, mass media and involvement of local merchants has made many more Iowa women aware of extension's services. County evaluations of the series have shown us many more women that Extension can help. Many requests for more information are from people who have not had extension contacts before, perhaps cannot attend meetings, yet have specific needs.

They are interested people. And we need to know and serve them as well as have them know us and what Extension has to offer. This can be done by checking our own resources and using them to advantage.



# Teaching Nutrition to Hard-to-Reach Families

by ROBERT CHESNUTT, *Extension Editor, Alabama*

How can we reach out—beyond organized club groups—with this important information? That is a question faced by many home demonstration agents in organizing an educational program.

It's the same one that faced Chambers County Home Demonstration Agent Exa Till in the spring of 1956 when she discovered that many children from comfortable, working class homes actually were undernourished. During a routine check at a 4-H meeting, she learned that only one girl present had milk for breakfast. This made her wonder if entire families were not eating properly.

About this same time, officials of a local textile mill became concerned about the food habits of their employees. One of several textile mills in the Chattahoochee River Valley, the company employs many area residents.

## Affecting Efficiency

The management noticed that workers were losing many days' work due to colds and other illnesses attributed to nutritional causes. And operation efficiency was low because of the lack of energy among employees. Many employees reported to work without breakfast, and the meals they ate later did not compensate for the food they had missed earlier in the day.

Home Agent Till contacted the mill officials to discuss ways of raising the nutritional level of the whole community.

Since most of these people worked and could not be contacted through organized clubs, the home agent and company representatives got together with Consumer Education Specialist Dorothy Overbey. Together they

worked out an educational program which would meet their needs.

To learn more about the needs of the people, 4-H members were asked to take home questionnaires and fill them in with the help of their parents. These were signed by the parents and returned.

## Survey Results

This survey showed that only 19 percent of the children came from families dependent on farming for their income. The other 81 percent were from families whose incomes came entirely from off-the-farm occupations. Almost half of the 620 children reported that their mothers worked away from home.

Knowing that the usual channels would not be effective in this case, Miss Till felt that a monthly letter would be the best method of reaching a large number of families. She and Miss Overbey could include shopping tips, menu ideas, and recipes in such a letter, emphasizing the importance of a balanced diet.

"After we decided how to approach the problem," the home agent said, "we were faced with the difficulty of obtaining a mailing list that would give us wide coverage. However, we were able to get a list from the utility companies of all people using these services. The letter was mailed to everyone on this list."

## Emphasizes Nutrition

Miss Till and Miss Overbey gather and organize the material for the letter each month, the county extension office prints it and takes care of addressing and mailing, and the textile mill furnishes the paper.

The best food buys, including vege-

*Foods and Nutrition—Help families to understand good nutrition and its importance to health, to combat dietary fads and fallacies, and to focus on areas where poor nutrition exists such as teenagers and the overweight.*

tables, fruits, poultry and eggs, and meats, are pointed out each month. Nutritional quality of these foods is emphasized. Often much of the letter is devoted to a particular phase of a well-balanced diet. For instance, one letter was written about the importance of good breakfast habits and ideas for breakfast menus. Recipes are sometimes included for dishes which contribute to attractive, nutritious meals.

"The letter seems to be very popular," reports the home agent. "One elderly lady tells me that she never goes shopping without it. On several occasions we've had people call to tell us they were moving and ask that the letter be sent to their new address."

Last year when county home demonstration clubs held their annual planning meeting, they asked that copies of the letter be sent to their members each month. Circulation is now about 6,000.

## Evaluation Planned

This fall Miss Till, with the help of Miss Overbey and mill officials, will begin an evaluation of results of the program. A questionnaire, to be sent to each person on the mailing list, will help them determine just how far they've come in the project. And they may also learn of other features homemakers wish included in the letter. This will enable them to continue the program in the most helpful and effective way.

Yes, it's a big challenge to extension workers to find ways to contact hard-to-reach groups. Miss Till and her coworkers used a sound approach to this problem—analyze your audience and seek the best channel for reaching them.





# the NEW LOOK in CLOTHING PROGRAMS

by CORA LEE GUTHRIDGE, *Clothing Specialist, Arkansas*

**C**OMING out party. That is what the clothing specialists had while attending the National Extension Clothing Workshop in Stillwater, Oklahoma in April.

We hadn't been Rip Van Winkles and slumbered through the years. But at the workshop we were alerted to technological changes that affect each of us personally and the extension clothing programs. Now we are in the midst of extensive and maybe seemingly radical changes in extension clothing programs. Principles or techniques of clothing construction are only part of today's program.

## *Examining the Program*

So, look, if you haven't already, at the extension clothing program. What kind of clothing package are we trying to sell the public? Maybe it is time to change the wrapping on the package, as well as the contents. Regardless of the outward impression the package presents, it must contain something of real value to the purchaser. The same is true of an extension clothing program.

Good clothing programs do not just happen. Clothing specialists throughout the United States made 610 opinion surveys in January. The primary purpose was to give clothing specialists an opportunity to try "listening" as a device toward understanding homemakers. At the same time, the specialists obtained suggestions as to values of homemakers with respect to clothing purchases for

themselves and their families. The results of such a survey might well be our cue to program planning.

To attack our clothing problems creatively, we might think of ourselves as sales managers. What do we have that is good and what is selling? What is missing from the line? With slight revisions, we may want to continue selling some of the same things. However, it is important that fresh new ideas be used in selling the same wares.

At the workshop, a great deal of emphasis was placed on using drama tricks, gimmicks, and different approaches in planning and carrying out clothing programs. Don't be afraid to dramatize any line of your wares. Drama tricks such as these may give a new approach—Stitch and Switch, Color Cue Your Clothes, Fabrics Bloom in Spring and Fall, Here's Looking at You—Everyone Else Does, As You Meet the Eye, and New Ways With Cast-a-Ways.

It was called to our attention at the workshop that extension clothing programs are not reaching a varied group of people, especially the men and boys of the family. How about sponsoring a men-only style show?

Young mothers also need help with their clothing problems. Would a

**Clothing - Help families develop good taste in personal appearance and skill in the selection and care of clothing.**

series of meetings on clothing for grandmothers or newlyweds be of any value?

"Mothers' glamour bank" might be a good idea since many mothers do without in order to buy a new outfit for Susie. The family saves pennies for everything else, why not for mother to help her look glamorous.

You might like to try "imagineering" or brainstorming (thinking up wild ideas). Later you may engineer these ideas down to practical use in program planning. Imagineering is being used by big business, community groups, families, and individuals to solve problems and gain new ideas.

## *Clothing Importance*

Appreciation of the significance clothing plays in the lives of people was one of the important goals of the workshop. What is more helpful than a new dress or suit to lift a tired weary ego? To look your best gives a feeling of self assurance.

The well-being of a family is influenced by adequate and attractive clothing. Even though research shows a smaller percent of the total family income is being spent on clothing, this does not necessarily mean that clothing is not important to families. The smaller percent spent for clothing is due largely to the casual method of living.

Even though we are in a period of casual living, millions of dollars are being spent on research in textiles each year. The demanding public is asking for moderately priced clothing that is different, smart looking, and easy to care for.

As a result of these rapid developments, textile confusion and inflammation is often the result. How can we determine what confuses the consumer most? Working closely with managers and clerks in ready-to-wear and fabric departments of local stores can certainly be enlightening regarding consumers' complaints and problems. Serving as a catalyst in the community in formulating educational work with stores, dry cleaners, and others in the clothing business can bring out for discussion many common problems.

(See *New Look*, page 196)





## THE IMPACT OF

# Clothing

by **ARTHUR M. VENER, Assistant Professor of Social Science, Michigan State University**

*Editor's Note: This is a summary of a talk by Dr. Vener at the National Extension Clothing Workshop held April 20-24 in Stillwater, Okla.*

**H**AVE you ever wondered what would happen if some cosmic calamity suddenly rendered every person in the world stark naked? Confusion would prevail.

If you walked into a store, you would not be able to tell the salespersons from the customers. The floorwalker would not be of any help. He wouldn't even have a buttonhole, much less a carnation!

How would you find a policeman unless you saw one directing traffic? And if you entered a restaurant, how would you identify the waitresses?

The above is a psychological gimmick. To some it may seem shocking. For this reason, I have used it on several occasions to break through the screen of habitual daily activities which causes each of us to take for

granted important aspects of community living.

As we become socially mature, we tend to relegate an important social function of clothing to the subconscious level. The intended shock of this unconventional approach may serve to raise this function to the level of awareness.

### Function of Clothing

Large, complex societies contain numerous individuals who have different social roles or positions. These include policemen, firemen, physicians, waitresses, and clergymen; in short the proverbial butcher, baker, and candlestick maker.

An additional aspect of social life is the existence of clues which help us to determine the positions of persons we come into contact with as well as some of their other social and psychological characteristics. These clues include differences in clothing, speech, deportment, social etiquette, and general interests.

The first of these, clothing, is of crucial importance in our initial appraisal of a person's social standing. Clothing makes it possible for us to

place strangers into social categories almost at once. This, in turn, enables us to avoid actions toward him which might prove to be serious social errors.

Beginning with birth, the child undergoes a social conditioning process in which he is instilled with the socially acceptable ways of acting and thinking. Learning to dress properly is a vital element in this process. The child learns early that mummies and little girls wear skirts and dresses, whereas daddies and little boys wear pants.

Teaching children the correct mode of dress is not always an easy task. The child who persists in running outdoors in some state of undress is a source of dismay to his parents. The little boy who throws a tantrum and insists on wearing a pink dress just like his older sister's is another case in point.

### Learning the Clues

As in other areas of social life, it is in the family context that the child first learns appropriate modes of attire. Children use their parents and older brothers and sisters as models for their clothing behavior. However, it must be realized that families will vary in their definitions of "proper" attire. What might be considered an adequate wardrobe for a family of modest economic means would be a source of serious psychological deprivation for a family of substantial income.

Later, when the child grows older and spends more time away from home, his school and neighborhood friends play an important part in his choice of wearing apparel. The varied and constantly changing fads among teenagers proves this influence of equals.

Persons will vary in respect to the degree they are consciously aware of the "clue function" of clothing in social life. Women tend to be more aware of this function of clothing than men. A casual analysis of magazine copy will reveal an overwhelming amount of space given over to fashion in women's dress as compared to that of men.

Men who are in occupations which  
(See *Clothing Impact*, page 199)

# Citizenship

in

## Action

by MARJORIE E. LUCE,  
*former State Home Demonstration  
Leader, Vermont*

LET'S see a show of hands on how many went to town meeting." All but one hand went up at the home demonstration meeting. "What happened to you, Nellie? You usually go to town meeting."

"Well, I told my seven married children I would stay home and take care of the grandchildren if they would go. I had quite a time, but the young folks all got to town meeting! First time some of them had ever gone, too. I almost never miss going, but I thought it was more important for the young folks."

The above is common at meetings of home demonstration women in Vermont, and a part of their citizenship program.

### *Emphasize Voting*

For many years home demonstration members in Vermont have been helping to get out the vote. Addison County home demonstration groups recently furnished badges, "I Have Voted. Have You?" to all polling points in the county.

In Windham County, home demonstration women in West Dummerston promote a good citizenship prize for sixth grade pupils in all county schools. The young people winning these good citizenship medals amaze local judges with their spirit and community action.

It is natural that the women of Vermont should be interested in good

citizenship. Many women have been town officers, particularly members of the school board or town clerks. And our State legislature always includes a number of women.

In Lamoille County several years ago, home demonstration groups started a program to dignify the coming of voting age. In some towns ceremonies were held when all young voters took the Freeman's Oath—the beginning of their voting experience. Certificates printed by the county home demonstration council were given to new voters and naturalized citizens.

Vermont women try to be well informed when they vote. Many meet each February to discuss the important issues which will be voted on at annual town meetings. During the legislative sessions, local representatives and senators are invited to home demonstration meetings to discuss issues, particularly in the areas of health, education, and welfare.

Many local matters dealing with school consolidation, reorganization of probate courts, and tax problems have been discussed at home demonstration meetings recently. This is part of the effort to make our groups sounding boards to disseminate information on matters of general concern.

### *Local Projects*

Schools and libraries receive much attention from home demonstration clubs, both in understanding them and in cleaning, cataloging, and furnishing needed books or equipment. Local buildings and parks have been beautified, road signs erected, and clean up and safety campaigns organized and carried out.

One interesting example of citizenship in action was Orange County's cleanup week. The women asked the town to furnish trucks and drivers one afternoon to pick up rubbish. High school students were enlisted to collect newspapers and magazines. And the garden clubs cooperated by planting, in flowers, the numerals 1609—1959 on the church lawn.

A typical citizenship program suggested by a county home demonstration council reads like this for 1959: juvenile delinquency, celebrating the

**Citizenship - Help families understand the precepts of good citizenship and become aware of their responsibilities in the affairs of the community, State and Nation.**

350th anniversary of Lake Champlain, study Alaska, understand town meeting topics.

Each county develops its own citizenship program which allows a great deal of thinking, studying, and analyzing of matters to which the women can best give their attention. This, in itself, is educational and helps to focus interest on matters of general concern.

Some counties go far afield in carrying out citizenship responsibilities. Rutland County puts on a county-wide celebration of United Nations Day, with a unique and interesting program each year—cookies from many lands, dolls dressed in typical costumes, and a talk on the current world situation.

### *Interest in History*

This year, because of our Lake Champlain celebration, the clubs have paid particular attention to town histories and to the preservation of documents, implements, quilts, rugs, clothing, and other items of historical interest. Members have helped local museums to find and arrange historic articles.

At the Addison County council meeting in May, more than 100 authentic costumes of the past century were modeled and discussed in a pageant that attracted hundreds.

A citizenship program is appealing and easy to organize. It deals with the everyday problems of living in one's community and State, and gives one a feeling of being an effective and useful member of society.

Because of the emphasis on dealing with changing situations, citizenship is one of the best programs to help folks think and then act effectively. Our Vermont women have done that many times in many ways—and communities all over the State are better for it.





Discussing ways of encouraging good citizenship are the author (left) and members of Wellford Home Demonstration Club.

## Our Approach to Citizenship

by MRS. CAMMIE F. CLAGETT, Spartanburg County Negro Home Demonstration Agent, South Carolina

**I**N South Carolina and in Spartanburg County in particular, we have for the past 5 years conducted a program of teaching better citizenship to families. We feel that the program which we have developed is a good approach to proper citizenship.

This belief is backed up by a recent article in a national magazine. The article says that the family is a unique character-building institution. No other arrangement can take the place of the family unit, because it gets there first, has continuity, and works by love—three important advantages in developing responsibility and consideration in future citizens.

### Family Trends

The Spartanburg County citizenship program was started because of the following seven trends.

*Increasing number of homemakers employed outside the home.* It is an indisputable fact that when mothers work away from home, children may be neglected. This not only affects the health of the child, but also creates conduct problems. Many homemakers have become too conscious of acquiring material things

rather than developing a code of principles by which to rear their families. E. J. Kiefer of the New York Courier says, "Children cannot be made good by making them happy, but they can be made happy by making them good." Women who are employed outside the home are more difficult to reach through home demonstration club meetings, so we try to reach them through mass media.

*Below par educational standards.* Although the educational level of our citizens has been improved through schools, television, radio, transportation, and personal contact, the extension worker finds a great deal yet to be desired. To bridge this gap, the agent must improve herself professionally as well as change her methods of teaching. To be successful, she must enlist competent community leadership.

*Merging rural and urban areas.* Feelings of maladjustment and insecurity have developed among some rural families as a result of the above trend. The extension worker has the task of instilling into others a confidence to better themselves so that they may acquire a feeling of belonging to society.

*Increasing number of family units.* The extension worker finds that there are more and larger families to reach—families without adequate incomes, training, and skills to meet their individual problems. Plans must be made with these families for social adjustments and more economic security.

*Increased life span.* Longer life expectancy of elder citizens, along with more leisure time, has resulted in poor housing, health, and nutrition; insufficient income; and inadequate opportunities for recreation. The extension worker's responsibility is to acquaint these senior citizens with special interest groups, agencies, organizations, activities, and management which will tend to give them a happier and more abundant life.

*Increasing interest in community improvement and public affairs.* The extension agent must assist families by teaching them to study, analyze, and appraise information on all levels; to participate in civic affairs; to acquaint them with their rights, privileges, and responsibilities; and create within families the spirit of competition and rivalry in community development.

*Broadening interests.* We must cooperate with local people, public agencies, special organizations, and interest groups in an attempt to strengthen the extension program and to utilize all available resources.

### Club Participation

In South Carolina there is a citizenship chairman in every organized home demonstration and 4-H club. It is his or her duty to encourage each member to participate in civic affairs. Each club or community chairman reports findings and progress to the county citizenship chairman, who makes her report at the biannual county council meetings.

An annual "Better Conduct Campaign" is launched in each of the 33 counties where Negro home demonstration agents are located. Placards are distributed and displayed in every place that promotes public gatherings. This campaign has been

(See *Our Approach*, page 198)



# Housing to Fit Family Needs

by DORIS A. WALTER, *Federal Extension Service*

**A**CROSS the country, Extension is stepping up its efforts to help families plan new or remodeled homes. The desire for more convenient, sanitary, and gracious living motivates families to improve their housing.

Convenience, work simplification, and safety are all key points in extension housing programs. From basic building plans to furnishings, equipment, and landscaping, specialists and agents are helping families with their housing problems.

Well-arranged house plans must take into account wise use of money, time, and energy. Work centers and "traffic lanes" are a challenge to families planning homes.

Teamwork of the rural architecture and home management specialists, H. E. Wichers and Arlean Patison, in Washington State has resulted in a balanced approach to housing.

They conduct agent training meetings and workshops for families. Often the team or agents follow up workshop sessions by farm and home visits, considering interior construction, location, and arrangement of

**Housing—Help families understand the basic principles involved in planning new or remodeled homes, and to select furnishings and equipment which meet family needs for comfort, convenience, and utility.**

both the home and farmstead. Tour leaders point out specific examples and owners add comments about features they particularly like or dislike.

Chelan County, Wash., Home Demonstration Agent Jeanette Goldthorpe reports emphasis on helping families plan convenient, comfortable homes which fit their situations and desires.

Basic principles are taught in workshops for families. Over the years, training sessions with builders and lumbermen have resulted in useful and well-located farm homes.

Objectives of the North Carolina staff are to raise housing standards of rural people and to acquaint agents and families with up-to-date information. W. C. Warrick, agricul-

tural engineer, and Pauline Gordon, housing and home furnishings specialist, came up with a method of carrying out these objectives—demonstration homes.

Specialists help families plan the design, construction, and furnishings of new homes. Families record cost, in terms of money, labor, and time.

Later, the families open their homes for public inspection of floor plans, storage, construction, convenience, furnishings, and building costs. These houses, the results of careful planning and close attention to detail, become tools for teaching others.

Probably the kitchen is the most important room to a homemaker. New York home management specialists hold kitchen planning sessions with homemakers across the State. And in "kitchen knowledge sessions," homemakers are shown the importance of planned storage and arrangement of equipment to meet family needs.

New York specialists and agents take special recognition that housing problems vary with the age of the family. For example, growing families need more bedrooms and family activity space, while older ones need to accent the importance of saving energy.

## *Clinic Treatment*

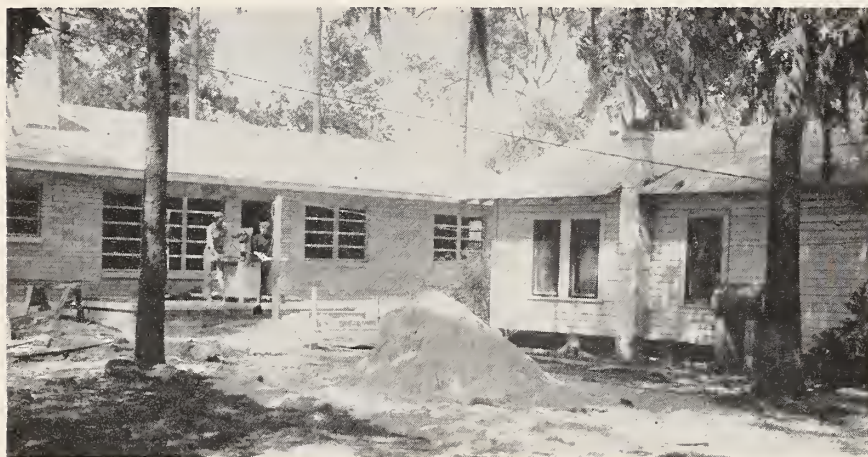
For many families a medical clinic is the answer to their health problems. For Kentucky families the answer to their housing problems is a housing clinic.

Mrs. Gladys Lickert, housing specialist, and J. B. Kelly, agricultural engineer, team up to present basic information on planning new homes and remodeling old ones. Clinics present an opportunity to reach many people with different problems at a convenient time and place.

Merits of building materials, from foundation to roof, are emphasized. And families learn the importance of hiring good workmen. Clinic talks also cover heating systems, wiring, and storage.

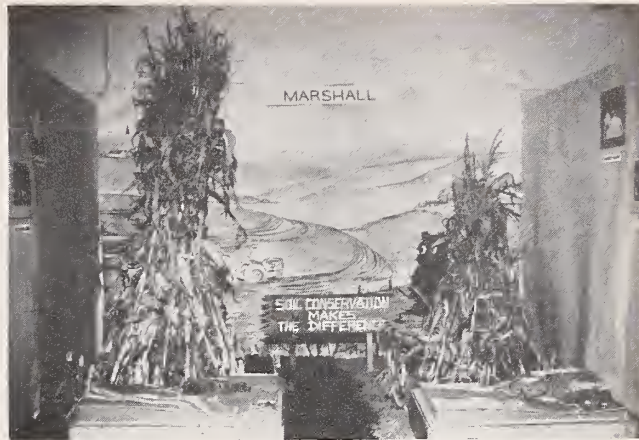
Workshops, smaller group meetings, individual counseling, and mass media are all used to back up the clinics.

(See *Housing to Fit*, page 196)



This farm couple planned and built new ranch style home to replace the one at right.





Wagon trains carried farm women on soil conservation tours. Marshall County women prepared conservation booth for fairs.

## Taking Care of Our Heritage

by MRS. GRETA BOWERS, *Marshall County Home Economist, Iowa*

**L**IFE is good in Marshall County, Iowa. Each year lush fields provide a good standard of living for the families who till them, and so it has been for generations. Good crops, fine cattle, hogs and sheep, along with substantial modern homes, are taken for granted by many families.

When the time came to make plans for the extension program for 1952, it was not strange to hear requests for oven meals, salads, slipcoverings, and such. However, one young mother spoke up: "All these topics are good, but are they real needs? I wonder if perhaps we should learn more about our soil and how to care for it. I'm sure if I knew more about it, I could help my husband make much more intelligent decisions in the management of our farm."

### Planning Goals

It wasn't long until the entire group felt this was something we should have in our program. But how could it be done by women?

Here was a golden opportunity to coordinate work with another federal agency. Howard Oak, Marshall County soil conservationist, was called in to help us plan what should be done. Thus began our 3-year

**Conservation - Help families understand the importance of the conservation of natural resources to the strength and welfare of the nation.**

"Land Appreciation" study, and an increasing interest in the conservation of our soil.

When the final program was drafted, Marshall County women had the following four objectives:

- To interest women in good soil practices, for an interested wife can be a good influence in the family planning.
- To inform farm women on good soil practices.
- To stimulate groups of families to do something about good soil management.
- To show the relation between soil building practices and farm income now and later.

The first year, all we hoped to accomplish was to help women become familiar with simple fundamentals of soil conservation. Each township chairman sought three families who were already practicing conservation on their farm and were willing to have a meeting at their homes.

Eighteen meetings, one in each township, were set up to reach from 10 to 75 families in each area.

All meetings were informal. First there was a discussion of the importance of intelligent soil management. Colored slides taken on nearby farms were shown, each emphasizing some specific practice or need for a practice, including the gully and the grassed waterway, strip cropping, terraces, contouring, tile being laid, and pasture improvement. Soil technicians explained each practice. The host family spoke briefly of what they had done on their farm and what they hoped to do, and answered questions.

### First-Hand View

A tractor-drawn wagon train carried the visitors over the farm, giving the men and women an opportunity to see examples of conservation practices.

Soil maps, prepared by the Soil Conservation Service, pointed up the fact that what one family did affected their neighbors' farms and vice-versa. General interest check sheets were given each family and those people were later contacted about their interest. Between 95 and 100 percent were aware of the need for conservation on their farms.

The first series of meetings created far more interest than we anticipated. Fourteen percent of Iowa farms are owned by women. And

(See *Our Heritage*, page 198)



# Good Health for Happy Living

by MRS. HELEN TURNER, *Federal Extension Service*

SEEING a loved one hurt or ill is an experience most families can do without. In addition to the emotional distress, illness or accident deplete the family resources.

Money needed to care for the patient must be taken from other uses the family may have for it. And more important is the temporary or permanent loss of that family member's skills and abilities.

Maintenance of the health of family members is an essential part of good management for family living.

Those responsible for planning county home demonstration programs long have recognized as an important objective: "To attain the highest possible level of health by all members of the family." County program projection committees invariably include it as a principal long-time goal.

## *Combined Efforts*

Health and safety of family members is protected by the efforts of individual families and by the combined efforts of families on a community basis. Recognizing this, home demonstration committees plan programs that include the individual family's responsibility to provide adequate community health facilities. And they cover such things as the importance of establishing good health practices and habits, both physical and mental; early recognition of symptoms of diseases; safety in the home, on the farm, and on the highway; safe water supply and sewage disposal; home care of the sick; and meeting home emergencies.

Health and safety are stressed throughout the home demonstration program. Examples include nutrition for optimum health, safe food preparation and preservation, adequate clothing, safe housekeeping practices, safety in use of equipment, and insect and pest control.

In the counties, agents rely heavily

on public and private health and safety agencies, including county medical societies. These groups furnish materials, sanction, guidance, and often personnel to do teaching.

A variety of methods are used to get information to people. Programs carried by home demonstration clubs are perhaps the most common method, but radio, TV, newspaper columns, brochures, exhibits, and county-wide meetings are used frequently.

Brochures on general health problems were distributed to 800 families in Franklin County, Ala. Home demonstration clubs devoted 2 minutes of each meeting to a discussion of some phase of health.

**Health and Safety - Help families protect their health through home and community programs and to develop attitudes and practices that will promote safety in the home, on the farm, and on the highway.**

Sometimes a program beamed to the individual family results in community benefit as well. In 1958, 21 Illinois counties included in their home demonstration club program, Blood—a Major Lifesaving Weapon. Fayette County reported that previously the Red Cross Blood quota of 150 pints at each bloodmobile visit had never been reached. During the first visit following the lesson, 262 pints were donated.

In urban Rock Island County, the program resulted in the organization of a blood bank by the county medical society. The home demonstration agent in Jackson County was cited by the county medical society for her help in establishing a "walking blood bank."

The home demonstration program in Saline County, Ark., is only one example of efforts to attain the high-

est possible level of health. Mrs. Florence Rollans, home demonstration agent, reports that the program planning committee selected health as a major phase of work in 1958.

Miss Helen Robinson, extension health specialist, and the county nurse helped with the planning. Saline was to serve as a demonstration county to reveal what planning and special activities would do to involve and motivate people to carry out a county health program.

Home demonstration topics selected for the year were: Basic Health Needs of a Family, Why Have a Physical Exam, Sanitation Is a Way of Life, Mental Health and Mental Illness, Dangers and Follies of Self Medication, and Safety in the Home.

## *Plans and Results*

Other activities decided upon for the year were: attempt to organize a county-wide health council with a cross-representation of the people; a 10-hour home nursing course in cooperation with Civil Defense; a home safety clinic; a county-wide health survey; radio and TV programs.

Here are the accomplishments: organization of a county health and safety council, five hours of home nursing course given by the county nurse to club health leaders, county health survey committee appointed with plans made for the survey in 1959, and two TV shows and radio programs carried out.

Saline County did not stop with health emphasis in 1958. Their plans for 1959 included: conducting the planned health survey, two all-day conferences for mothers of children under 12 years old, and an all-day conference for persons over 40. Doctors, dentists, nutritionists, and public health nurses were to be invited.

Home demonstration agents find that health and safety activities help acquaint a broad cross-section of the county with all resources of the extension program. Local leaders find a new and satisfying area of community usefulness. And the community benefits from an informed populace alert to health and safety needs and ready to assume responsibility for meeting them.





## managing on a pinched income



by MRS. MAY O. FULTON, Assistant Home Demonstration Agent—  
Indian Work, Glades County, Florida

**I**T takes good management to pay for a new house and its upkeep. So money management education is a high priority activity in working with Seminole Indians developing their first housing project at Dania Reservation.

The project is financed and operated with a revolving credit program by the Seminole Tribe of Florida, Inc., with the assistance of additional funds, technical information, and professional service from the Bureau of Indian Affairs. The Seminole Indian Agency supervises the project and extension farm and home agents offer educational assistance.

Working with the first 11 families in the housing program, it was obvious that money management was a prime need. Some families live in small, poorly constructed houses, but many still live in their native chickees, made of poles and palmetto thatched roofs. Only one family lives in a modern home.

In the past, the families have not spent money for utilities (except a few for electricity), household supplies such as mops, cleaners, waxes, or laundry supplies except for soap powder. Only a few used sheets, pil-

**Problems of Low Income—**  
Help families make wise use of limited resources to meet their immediate needs and to understand the basic adjustments required to improve their long-run situation.

lows, pillow cases, curtains, bedspreads, or table cloths. A family's possessions usually consisted of an automobile, sewing machine, clothes, blankets, cast iron utensils, a few dishes, and sometimes a TV set.

When the families have money, they spend it for the first thing that interests them. Few have learned to save for necessities and emergencies.

The above conditions, of course, would be a challenge to any money management education program. We also were faced with language barriers and the group's relatively low educational level.

A meeting was planned to explain and demonstrate money management principles to the 11 families whose home loans had been approved. Arrangements were made by the home agent, the tribal council chairman,

the agency credit officer, and the agency superintendent. The council chairman contacted the families and invited both husbands and wives to attend. He also served as interpreter for the program.

The agency superintendent invited a bank representative to attend the meeting and explain checking and savings accounts. Then the credit officer and I studied the families' financial problems, based on their loan applications and personal observations.

### *Show Where Money Goes*

The average weekly income was \$55. Average monthly payments would be—house, \$45; car, \$40; furniture, \$5; and utilities, \$11. Most families were church members and tithers.

At the meeting, I gave an illustrated talk on "The Family Weekly Pay Check." Play money totalling \$55 was divided to show how expenses could be met. The house payment (\$11.25) was placed in front of a doll house; the car payment (\$10) in front of a toy car; the utility money (\$2.75) in front of a toy stove and lamp; the furniture money (\$1.25) in front of toy furniture; the tithe (\$5.50) in front of a picture of a church; gas and oil money (\$3) in front of a service station picture; personal expense money (\$2) in front of a collection of a cold drink bottle, tooth paste, razor blades, soap, and movie ticket; household supplies (\$1) in front of a mop, broom, matches, detergent, starch, wax, and insecticides; and food money (\$18.25) in front of a pile of groceries.

In discussing each item, it was explained that families would have different needs but that all would be limited in buying power by the amount of their income. Each family would have to choose what they would do without in order to get the things they wanted most.

To achieve their goal of a new home and to properly operate and maintain it, each family needed to plan as well as exercise will power to keep from spending for something not in the family plan. One way to

(See *Pinched Income*, page 198)



## NEW LOOK

(Continued from page 188)

What direction will clothing programs take in the future? Let's not lose sight of the fact that a well-rounded clothing program involves the family as a unit.

Managerial ability, which includes management of time, energy, and money, must not be overlooked as an important part of future clothing programs. How much clothing to make and how much to buy varies with individual families. Information on selecting and altering ready-made clothing seems to be gaining in importance, as well as grooming and improving personal appearance.

Clothing is only one part of our extension program. In many areas of family living, it might be possible to work out cooperative projects with other specialists. For example, clothing is closely related to home management, housing, health, and human relations.

In order to plan and carry out a coordinated clothing program, all members of the State and county staffs must work together. We cannot afford to draw a line or build a fence around any clothing program.

Let's listen constantly for clothing ideas. At every opportunity, we should listen to the homemaker, the researcher, as well as industry and fashion. A good listener is not only popular everywhere, but after awhile he learns something.

## NEW DIRECTIONS

(Continued from page 180)

today is upon nutrition rather than food preparation. Families are helped to understand good nutrition and its importance to health and to combat dietary fads and fallacies. Special attention is given to areas where poor nutrition now exists such as teenagers, overweight individuals, and low-income families.

**Clothing**—Programs keep consumers informed, enabling them to make wise choices in a market of great variety and constant changes. Attention is given to individual concerns over personal appearance as they arise at different ages and in different situations.

**Housing**—In addition to assistance in planning new or remodeled homes, programs place increasing emphasis

upon furnishings and equipment for comfort, safety, and convenience.

**Citizenship**—The program recognizes that community environment, as well as the home, influences the development of family members, and that groups of families must make wise decisions about matters of common concern.

**Health and Safety**—Family attitudes toward safety in the home, on the farm, and on the highway, and the protection of health through home and community programs continues to be emphasized in family living programs.

**Conservation**—The importance of the conservation of natural resources to the strength and welfare of the Nation is of growing concern to farm and nonfarm families.

**Problems of Low Income**—Programs that aid families with limited resources frequently must be tailored to fit the individual family. Home food production and other "live-at-home" programs may ease short-range problems, but more basic adjustments are required to improve the long-run situation.

Although most of the educational resources that support these family living programs come from home economics, competence in additional fields of learning will be needed as the program expands. A well-rounded program to serve the family calls for the active cooperation and support of all extension workers. Through program projection, conditions that inhibit successful family living can be identified. Then the resources of the Extension Service and other agencies and organizations can be directed toward helping families achieve healthy, happy, and productive lives.

## Strengthening Families

To paraphrase from the Scope Report, the ultimate goal of the family living program is the development of *family units* that give their members a high degree of stability and emotional security, and of citizens who are conscious of their obligations to community and nation.

As the family living program builds stronger families, it builds stronger communities and a stronger nation. Yet its focus is upon the individual within the family, and its fruits are immediate and satisfying.

## HOUSING TO FIT

(Continued from page 188)

Trends and What's New in Household Equipment—that's the theme which Ohio specialists used to present an equipment training program to agents.

Following this general program, specialists work in the counties with home agents to plan assistance programs. Some agents, as a result of help with organization and review of subject matter, carry on their own training meetings. Occasionally specialists conduct local leader training meetings.

Ohio enjoys a continuous exchange of household equipment information among resident, research, and extension staff members. Bulletins, leaflets, visual aids, tape recordings, and actual household equipment (loaned by manufacturers) are available to help specialists and agents put across utility and safety ideas.

## House and Grounds

Families are showing increased interest in the outside appearance of their homes and grounds. So landscaping also is part of extension housing work.

In Washington State considerable county work has been done in the area of landscaping or beautification of home grounds. A professor in horticulture instructed both leaders and homemakers through meetings, television, and radio.

Virginia extension workers hold both garden and landscape institutes. Home demonstration groups work not only to beautify their homes and neighborhoods, but whole counties.

Extension helps bring together all the resources which enable farm families to develop homes that meet their needs. New houses will always be built and old ones remodeled. Families must have help in analyzing all phases of housing needs.

The problem of getting the greatest return from time and money invested is an educational one. In the housing area, Extension is helping families better analyze their situations and make more satisfying decisions.



# Planning for Retirement

by MILDRED E. NOVOTNY, Home Management Specialist, California

**F**INANCIAL security, health protection, adequate housing, keeping busy—these are prime needs of elderly and retired people. One of Extension's big jobs with this group is helping them to prepare for and adjust to retirement.

In Alameda County, a program planning committee started working with older and retired people through two surveys. The first revealed problems and needs of this group. The second dealt with possible ways of meeting these needs.

## *Retirement Possibilities*

Among resources discovered were golden age clubs, part-time job opportunities, free recreation and continuing education possibilities, and the willingness of the health department to cooperate in an educational program.

For one activity, they arranged for a group visit to a retirement home. There the group was able to talk over common problems and work toward their solution. A significant point was the realization that retirement homes can offer a good way of living.

In Solano County, Home Advisor Olive McCracken often uses a happy retired couple as an example of the benefits of careful and long range planning. The couple has a modest but attractive and comfortable home. Through careful money management, they are able to take occasional trips—a part of their long range plans. These two continue to act as project leaders and willingly share their experiences with others.

These are a few examples of the resources available to extension in working with retirees and those planning for retirement. We can help these people attain a happy retirement by aiding them in meeting four particular needs.

**Financial Security:** Most families are eligible for social security or company pensions, but the amount received may not provide an adequate retirement income. While still working, wage earners should determine income expected after retirement and then work toward supplementing it.

For those already retired on a small fixed income, a plan for spending continues to be the best aid. Wise buying practices implement this plan.

Programs on organizing family business affairs stress the necessity of estate-planning. This assures distribution of property for the best interest of the heirs, and minimizes estate and inheritance taxes.

**Health Protection:** Although many retired people are in good physical condition, illness is a major problem of the elderly. A serious illness or extended hospitalization can be a financial catastrophe. We emphasize good nutrition, suitable exercise, immediate care of minor illnesses, and regular check-ups.

Because workers frequently lose health insurance and medical protection when they retire, they need to be alert to new developments in insurance coverage for the elderly. If possible, the retired should retain a reserve as protection against illness and other emergencies.

**Adequate Housing:** The first choice of older people is to live independently. Most prefer remaining in familiar surroundings, near family and friends, and to continue enjoying customary social and religious activities.

Changes require adjustments for which the elderly need preparation and information. Those who think of moving some distance must consider the effect of separation from friends and family.

Different arrangements in the same locality may mean converting a large home into a multiple dwelling, or



This California retiree discusses the pros and cons of retirement homes with Mrs. Addie Reeves, Alameda County Home Advisor, and a homemaker.

moving to a smaller home or apartment. Programs on home safety suggest building features to eliminate hazards and provide for reduced energy, failing eyesight, and other physical changes. Work simplification principles, learned through the years, are particularly important now.

If the choice in housing is a retirement home, it may mean a change in attitudes on the part of the entire family.

**Satisfying Interests and Activities:** Happiness in retirement is the outgrowth of a useful and enjoyable life. Friends and group associations help take the place of former job satisfactions. A happy retirement also includes hobbies and hand skills that are fun and that may be useful in part-time employment.

By participating in community affairs, retired persons have an opportunity to continue using special abilities of leadership, entertaining, or teaching.

Retirement becomes a shared experience when the husband and wife work together around the house and garden. Days spent in a balance of worthwhile activities and relaxation protect against tensions and bring tranquility into people's lives.

Contentment in later years and on retirement doesn't just happen. It's the result of careful planning and wise living all along the way so that retirement will be a continuation of a good life.

## WASHING OUT

*(Continued from page 183)*

dry. Many questions directed to the panel were concerned with correct use of equipment, wiring, and waste disposal.

In addition to the number reached through the laundry clinics, agents and leaders carried the information to others. Agents prepared lessons related to laundry and used the information for radio, television, newsletters, and news releases. Leaders took information back to their local groups.

### Home Laboratory

Just as it is with homemakers, the washing hasn't "stayed done." As home laundry clinics progressed, the idea of a home engineering laboratory developed.

With the cooperation of manufacturers, a laboratory was established on the MSU campus. The latest models of washers and dryers are provided on consignment. Eight to ten different makes are always available in the laboratory for homemakers to use and compare.

During the past year, this home engineering laboratory has been open for monthly laundry clinics conducted by a home management specialist. Homemakers within a radius of 100 miles have taken advantage of these facilities. The laboratory is also used by students and staff, as well as home service representatives of utility companies.

Yes, the family wash raises many questions. Michigan homemakers receive the answers at laundry clinics.

## OUR APPROACH

*(Continued from page 191)*

effective in making people conscious of their behavior.

Ministers cooperate with our campaign by selecting a specific Sunday to preach on citizenship. They try to acquaint their respective congregations with their rights, privileges, and responsibilities to their church, community, State, and Nation.

On national 4-H Sunday, Club members explain the 4-H program as it pertains to good citizenship. In the schools, awards are given for the

best composition written by a 4-H'er on, Who Is a Good Citizen.

Adult clubs promote a program which encourages club women to register and vote in municipal, State, and National elections. At our council meeting, the county citizenship chairman requires each member to answer the roll by showing her registration certificate.

As a result of our intensive citizenship program in Spartanburg County, there is a definite increase in home ownership, better housing, and better trained local leaders. We can also see a decrease in illiteracy among youth and adults, a greater number of qualified voters, and a healthier, happier, and more secure people.

## OUR HERITAGE

*(Continued from page 193)*

we found that many widows with land, and young women whose husbands were just starting to farm, wanted to learn more about the soil.

The following year we helped them learn to judge soil and determine what crops were best suited for particular areas.

Four sectional meetings were set up, each having various types of soil. Women who attended worked as teams. Score sheets listed land class factors, such as surface drainage, soil texture, permeability, depth of soil, slope, and erosion. These were discussed; then the women examined the soil profiles and made their choices.

Next they discussed the land capability classes and made their selections. In the third phase, recommended land treatment was discussed. Winning teams were selected at each meeting to compete on the final day, when three top teams were selected. Awards were presented to winners by the Marshall County Soil Conservation District commissioners.

In addition to meetings, we used every other media available. Programs over two TV stations gave our women and soil technicians a chance to create a great deal of interest in the subject as did three radio programs. Four newspapers and two magazines gave accounts of the activity.

During the third year of the program the women were so enthusiastic that they wanted to tell the story to the whole State. So they prepared a soil conservation booth for Iowa State Fair, Central Iowa Fair, and National Dairy Cattle Congress. One side of the scene depicted results of good conservation; the other, effects of poor conservation.

At the time of the first program, 230 families had a definite soil plan. Six years later 900 families were involved in the conservation units. According to Mr. Oak, at least 35 percent of the increase was due to the work done with the women.

One Marshall County homemaker summed up the core of the whole project: "Every resource we have which helps us earn a good living for ourselves and our families is only loaned us for our lifetime. It is necessary, if America is to remain strong, for us to leave those resources in the best condition possible for future generations. Our soil is our most important resource. The lessons which we have learned about our soil have been most valuable in helping us understand our responsibilities."

## PINCHED INCOME

*(Continued from page 195)*

avoid this temptation was to put away the money for the house, car, furniture, and utilities, out of handy reach, until the first of the month.

As I talked, I picked up the money for these items, placed it in front of a miniature bank building, and explained that banks provided such a place.

Then the banker was introduced. He showed a deposit book, deposit slips, and different kinds of check-books, explained their use, and invited the families to come to his bank or any neighboring bank and get individual help in opening a checking account. He also encouraged them to open a savings account by putting in \$1 each week.

As a result of this meeting, 5 of the 11 families asked for special help on financial problems. A similar type program will be given for each new group of home loan families.



## FAMILY CAMPS

(Continued from page 185)

sion and college staff concerned with economics, housing, food and nutrition, farm management, and other subject-matter areas. We have also been pleased with the support we have had from the State library, State health department, and others.

We see camping as an opportunity to observe family living—to put into practice research findings and study the impact of modern living on families.

*Editor's Note: Illinois campers and specialists prepared a guide to help those interested in using established camp facilities for a week or more of organized family camping. Individuals or groups contemplating such a camp should find the publication helpful. Write to the authors for Circular 804.*

## EDUCATION

(Continued from page 179)

moves present problems to which families must adjust.

Individuals and families are establishing their values and setting about to achieve their goals of adequate income, comfortable and attractive homes, labor saving equipment, health facilities, education, and future security. We must provide the knowledge basic to intelligent decision-making.

Efficiency in farm production and improved marketing of agricultural products continue to be vital Extension goals. But along with these goes an objective to help families as consumers get better diets, improved health, and greater satisfaction for money spent for family living.

Specialized knowledge from many fields of learning needs to be related and focused on the needs of the family.

Problems of family living cannot be solved without a continuous flow of information obtained by research. We need expanded research in foods and nutrition, clothing and textiles, home furnishings and equipment, housing, home management, family economics, consumer preferences, and human behavior. A special need is a widening of social science studies to put new strength in our ability to work together and with others.

We need more information on how to interpret and disseminate the findings of research so that the people in various cultural, economic, and social groups can make the best possible use of it.

## More Leaders Needed

One special problem of mobile families in new communities is being met by making increasing use of lay persons as volunteer leaders for youth and adult extension programs. We are finding ways to help these families establish roots in new communities and discover satisfaction in exercising their special talents and interests.

Opportunities for leadership development are being increased as more lay people participate in program development and execution.

More of Extension's clientele are becoming urbanized. We must give greater emphasis to programs on consumer education, housing and home grounds, community relations, and public affairs.

Extension has long encouraged young people and adults to conserve and use wisely our basic natural resources of soil, water, forests, minerals, and wildlife. We can develop an even wider appreciation of the economic and recreational values of our natural resources and their use for the common good of all people.

Patterns in family living will continue to adjust to impacts of social, economic, technological, and civil forces on the family as a whole and on its individual members. Extension workers, traditionally willing to accept challenges, have many new opportunities to exert leadership in designing programs that will meet needs, solve problems, and promote the growth of the people they serve.

## CLOTHING IMPACT

(Continued from page 189)

call for frequent dealings with the public, such as salesmen, cashiers, and business executives, will also be extremely aware of the clues clothing gives. Success in their respective careers necessitates few mistakes in the evaluation of new business acquaintances. Some individuals are so discerning that they can almost always determine the job, social

status, and other traits of the stranger.

Finally, all of us during certain periods in our life become keenly aware of clothing. This occurs when we move from one stage of life to another. In the case of women it is centered around the wearing of the first pair of nylons and high heels, the first formal evening dress, the graduation dress, the wedding dress, and the first maternity outfit. For men, it is centered around the wearing of the first long pants, the first dress suit, the first tuxedo, the formal wedding attire, and the buying of the first little dress for his baby girl. Thus, the cycle begins anew.

Throughout our lifetimes, clothing makes a big impact on family and community living.

## Monthly Revisions in Publications Inventory

The following new titles should be added to the Annual Inventory List of USDA Popular Publications. Bulletins that have been replaced should be discarded. Bulk supplies of publications may be obtained under the procedure set up by your publication distribution officer.

- F 2045 Commercial Production of Tomatoes—Slight Revision 1959
- F 2137 Insurance Facts for Farmers—New (Replaces F 2016)
- L 448 Growing Watercress—New (Replaces L 134)
- G 46 Insects and Diseases of Vegetables in the Home Garden—Revision 1959

The following are discontinued but county offices may use any copies they have on hand. The titles should be removed from the inventory list as USDA supplies are exhausted.

- F 1437 Swine Production—Discontinued
- F 1829 Insects and Diseases of the Pecan and Their Control—Discontinued
- F 2079 Farm Methods of Cooling Milk—Discontinued
- L 273 Curing Pork Country Style—Discontinued
- L 378 A Rounded Corner Hutch for Rabbits—Discontinued
- L 413 Lamb Prices—Discontinued

OFFICIAL BUSINESS

# THE SCOPE OF FAMILY LIVING

**Family Economics** - Help families develop ability to make wise decisions in the management of their financial resources, including the use of credit and other family business procedures, to achieve the highest level of living consistent with their needs, values, and goals.

**Human Relations** - Help families develop understanding of the growth and development of personality from childhood through life, and the importance of healthy interpersonal relationships within the home and community.

**Housing** - Help families understand the basic principles involved in planning new or remodeled homes, and to select furnishings and equipment which meet family needs for comfort, convenience, and utility.

**Buying** - Help families faced with a complexity of goods and services, select those which will yield the most value for money spent.

**Foods and Nutrition** - Help families to understand good nutrition and its importance to health, to combat dietary fads and fallacies, and to focus on areas where poor nutrition exists such as teenagers and the overweight.

**Citizenship** - Help families understand the precepts of good citizenship and become aware of their responsibilities in the affairs of the community, State and Nation.

**Conservation** - Help families understand the importance of the conservation of natural resources to the strength and welfare of the nation.

**Home Management** - Help families develop an understanding of the increasing complexity of family living and how to apply the principles of management and work simplification to the use of family resources.

**Clothing** - Help families develop good taste in personal appearance and skill in the selection and care of clothing.

**Health and Safety** - Help families protect their health through home and community programs and to develop attitudes and practices that will promote safety in the home, on the farm, and on the highway.

**Problems of Low Income** - Help families make wise use of limited resources to meet their immediate needs and to understand the basic adjustments required to improve their long-run situation.